

SAMPLE MENU STEP 3

Breakfast

skim milk 1/2 cup
cream of wheat 1/2 cup
sugar 2 tsp
orange juice 1/2 cup
white toast 1 slice
margarine 1 tsp
jelly 1 Tbsp

Morning Snack

low-fat yogurt 1 cup
Sprite 1/2 cup

Lunch

tuna fish 2 oz
low-fat mayonnaisse 2 Tbsp
white bread 2 slices
canned peaches 1/2 cup
Gatorade 1/2 cup

Afternoon Snack

chocolate pudding 1/2 cup
gingerale 1/2 cup

Dinner

baked chicken 2 oz
white rice 1/2 cup
cooked beets 1/2 cup
dinner roll 1
skim milk 1/2 cup
margarine 2 tsp

Evening Snack

ice milk 1/2 cup
pretzels 2

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories	1822	Fat	42 gm
Protein	75 gm	Sodium	2234 mg
Carbohydrates	286 gm	Potassium	2467 mg

SPECIAL INSTRUCTIONS

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GASTROPARESIS DIET FOR DELAYED STOMACH EMPTYING



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PURPOSE

Gastroparesis is the medical term for delayed stomach emptying. During the process of digestion, the stomach must contract to empty itself of food and liquid. Normally, it contracts about three times a minute. This empties the stomach within 90-120 minutes after eating. If contractions are sluggish or less frequent, stomach emptying is delayed. This results in bothersome and sometimes serious symptoms, as well as malnutrition, because food is not being digested properly.

Gastroparesis may be caused by various conditions such as diabetes mellitus, certain disorders of the nervous system, or certain drugs. Often however, no cause can be found although a viral infection is suspected in some. Usually, the physician prescribes medication to stimulate the stom-

ach to contract. The purpose of the gastroparesis diet is to reduce symptoms and maintain adequate fluids and nutrition.

There are three steps to the diet. STEP 1 DIET consists of liquids, which usually leave the stomach quickly by gravity alone. Liquids prevent dehydration and keep the body supplied with vital salts and minerals.

STEP 2 DIET provides additional calories by adding a small amount of dietary fat—less than 40 gm each day. For patients with gastroparesis, fatty foods and oils should be restricted, because they delay stomach emptying. However, patients at the Step 2 level are usually able to tolerate this amount.

STEP 3 DIET is designed for long-term maintenance. Fat is limited to 50 gm per day, and fibrous foods are restricted, because many plant fibers cannot be digested.

NUTRITION FACTS

The STEP 1 Gastroparesis Diet is inadequate in all nutrients except sodium and potassium. It should not be continued for more than three days without additional nutritional support. STEP 2 and STEP 3 Gastroparesis Diets may be inadequate in Vitamins A and C, and the mineral iron. A multi-vitamin supplement is usually prescribed.

SPECIAL CONSIDERATIONS

1. Diets must be tailored to the individual patient. This is because the degree of gastroparesis may

range from severe and long-standing to mild and easily corrected. Patients may also have various medical conditions to be considered. For example, diabetes patients with gastroparesis are allowed sugar-containing liquids on the Step 1 diet, because that is their only source of carbohydrate. On the Step 2 and Step 3 diets, these patients should avoid concentrated sweets. These are noted with an asterisk (*) on the food lists.

2. On all of the diets, liquids and food should be eaten in small, frequent meals. This helps to maintain nutrition.

STEP 1 FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
Milk & milk products	none	all
Vegetables	none	all
Fruits	none	all
Breads & grains	plain saltine crackers	all others
Meats & meat substitutes	none	all
Fats & oils	none	all
Sweets & desserts	none	all
Beverages	Gatorade and soft drinks (sipped slowly throughout the day)	all others
Soups	fat-free consommé and bouillon	all others



SAMPLE MENU STEP 1

Breakfast

Gatorade 1/2 cup
ginger ale 1/2 cup
bouillon 3/4 cup
saltine crackers 6

Lunch

Gatorade 1/2 cup
Coke 1/2 cup
bouillon 3/4 cup
saltine crackers 6

Dinner

Gatorade 1/2 cup
Sprite 1/2 cup
bouillon 3/4 cup
saltine crackers 6

Morning Snack

Gatorade 1/2 cup
saltine crackers 6

Afternoon Snack

Gatorade 1/2 cup
saltine crackers 6

Evening Snack

Gatorade 1/2 cup
saltine crackers 6

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories..... 790 Fat..... 9 gm
Protein..... 11 gm Sodium..... 3531 mg
Carbohydrates..... 156 gm Potassium..... 244 mg

STEP 2 FOOD GROUPS

Group

Recommend

Avoid

Milk & milk products

skim milk, products made with skim milk, low-fat yogurt, low-fat cheeses

whole milk products, creams (sour, light, heavy, whipping), half & half

Soups

fat-free consommé & bouillon, soups made from skim milk, & fat-free broths containing pasta or noodles and allowed vegetables

soups made with cream, whole milk, or broths containing fat

Breads & grains

breads & cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers

oatmeal; whole grain rice, cereal, bread

STEP 2 FOOD GROUPS

Group

Recommend

Avoid

Meat & meat substitutes

eggs, peanut butter (maximum 2 Tbsp/day)

beef; poultry; fish; pork products; dried beans, peas, & lentils

Vegetables

vegetable juices (tomato, V-8), well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)

all raw vegetables; cooked vegetables with skins: beans (green, wax, lima), broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini

Fruits

apple juice, cranberry juice, grape juice, pineapple juice, prune juice, canned fruits without skins (apple-sauce, peaches, pears)

altru juices, all fresh and dried fruits, canned fruits with skins (apricots, cherries, blueberries, fruit cocktail, oranges, grapefruit, pineapple, plums, persimmons)

Fats & oils

any type of fat, but only in small amounts

none

Sweets & desserts *

hard candies, caramels, puddings & custards made from skim milk, frozen yogurt, fruit ice, gelatin, ice milk, jelly, honey, syrups

high-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit preserves

Beverages

Gatorade*, soft drinks* (sipped slowly throughout the day)

all others, except allowed juices

*Concentrated sweets

SAMPLE MENU STEP 2

Breakfast

skim milk 1/2 cup
poached egg 1
white toast 1 slice
apple juice 1/2 cup

Lunch

mozzarella cheese 2 oz
saltine crackers 6
chicken noodle soup
3/4 cup
Gatorade 1/2 cup

Dinner

peanut butter 1 Tbsp
saltine crackers 6
vanilla pudding
1/2 cup
grape juice 1/2 cup

Morning Snack

ginger ale 1/2 cup
canned pears 1/2 cup

Afternoon Snack

skim milk 1/2 cup
cornflakes 1/2 cup
sugar 2 tsp

Evening Snack

frozen yogurt
1/2 cup
saltine crackers 6

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories..... 1343 Fat..... 35 gm
Protein..... 52 gm Sodium..... 2639 mg
Carbohydrates..... 206 gm Potassium..... 1411 mg

STEP 3 FOOD GROUPS

Group

Recommend

Avoid

Milk & milk products

skim milk, products made with skim milk, low-fat yogurt, low-fat cheeses

whole milk products, creams (sour, light, heavy, whipping), half & half

Soups

fat-free consommé & bouillon, soups made from skim milk, & fat-free broths containing pasta or noodles & allowed vegetables

soups made with cream, whole milk, or broths containing fat

Fruits

fruit juices, canned fruits without skins (applesauce, peaches, pears)

all fresh & dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons)

STEP 3 FOOD GROUPS

Group

Recommend

Avoid

Meats & substitutes

eggs, peanut butter (2 Tbsp/day), poultry, fish, lean ground beef

fibrous meats (steaks, roasts, chops), dried beans, peas, lentils

Fats & oils

any type of fat, but only in small amounts

none

Breads & grains

breads & cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers

oatmeal; whole grain rice, cereal, bread

Vegetables

vegetable juices (tomato, V-8), well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)

all raw vegetables; cooked vegetables with skins: beans (green, wax, lima), broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini

Sweets & desserts*

hard candies, caramels, puddings & custards made from skim milk, frozen yogurt, fruit ice, gelatin, ice milk, jelly, honey, syrups

high-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit preserves

Beverages

Gatorade*, soft drinks* (sipped slowly throughout the day), coffee, tea, water (note: non-caloric beverages should be limited if patient cannot maintain adequate caloric intake)

all others, except allowed juices

*Concentrated sweets